The University of Western Ontario
School of Health Studies

Health Sciences 1001a
Personal Determinants of Health
Tuesdays 11:30am – 12:30pm, Thursdays 10:30am – 12:30pm
Location: HSB 40

Instructor: Dr. Shauna Burke
Email: sburke9@uwo.ca
Office Room Number: Health Sciences Building, Room 337
Office Hours: Mondays 11am – 1pm (my office)

<table>
<thead>
<tr>
<th>Teaching Assistants (TAs)</th>
<th>E-mail</th>
<th>Office Hours</th>
<th>Students With Last Names…</th>
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<tbody>
<tr>
<td>Shafqat Mamum</td>
<td><a href="mailto:smamunbd@yahoo.com">smamunbd@yahoo.com</a></td>
<td>By appointment</td>
<td>Abelman – Hanna</td>
</tr>
<tr>
<td>Brad Ross</td>
<td><a href="mailto:bross33@uwo.ca">bross33@uwo.ca</a></td>
<td>By appointment</td>
<td>Hardy – Padua</td>
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<tr>
<td>Rebecca Henderson</td>
<td><a href="mailto:rhende9@uwo.ca">rhende9@uwo.ca</a></td>
<td>By appointment</td>
<td>Palii – Zuskan</td>
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Course Information
The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with a particular emphasis on increasing knowledge, awareness, and improving individual health. Students are expected to attend all lectures, participate in class and small group discussions and presentations, and complete: (a) two in-class mid-term evaluations; and (b) a final examination.

Course Materials
Required Readings: Students will be assigned several readings throughout the duration of the course. These readings correspond to the lecture topics and will be identified at the end of each lecture and on the course syllabus (located by logging in to OWL). Additional readings may be posted on the course website at any time. Students are responsible for the content of all required readings.


*Please refrain from purchasing the course text (new OR used) until after the first day of class. During the first week of classes, a representative from McGraw-Hill Ryerson will speak to the class about purchasing options and the use of the course/textbook website.
**Additional Readings (Twitter):** Additional readings related to course content, or health and wellness more generally, may be “tweeted” throughout the course (@ShaunaMBurke). Please note that these readings may or may not supplement course material and are for interest/informational purposes only; they are NOT required readings. Questions related to the course will **not** be answered via Twitter.

**Course Topics:** All course lectures (including information shared by student speakers), videos, and required readings will focus on the following topics/units.

**Topic 1:** Introduction: Taking Charge of Your Health  
Core Concepts in Health: Chapter 1 (pp. 2-31)  
Reading: Belluz, J. (2012). Good science vs. bad science. Macleans.ca  
(http://www2.macleans.ca/2013/01/10/good-science-vs-bad-science/)

**Topic 2:** Psychological Health  
Core Concepts in Health: Chapter 2 (pp. 32-63)

**Topic 3:** Stress: The Constant Challenge  
Core Concepts in Health: Chapter 3 (pp. 64-93)

**Topic 4:** Obesity and Weight Management  
Core Concepts in Health: Chapter 4 (pp. 94-127)  

**Topic 5:** Childhood Obesity  

**Topic 6:** Nutrition Basics  
Core Concepts in Health: Chapter 5 (pp. 128-175)  

**Topic 7:** Health and Nutrition for Infants: The Benefits of Breastfeeding  
Core Concepts in Health: Chapter 12 (pp. 402-403)  

**Topic 8:** Exercise for Health and Fitness  
Core Concepts in Health: Chapter 6 (pp. 176-207)

**Topic 9:** Cancer  
Core Concepts in Health: Chapter 8 (pp. 242-275)  
Evaluation
Each student must complete one in-class mid-term examination and one final examination. The mid-term examination is scheduled for Thursday October 22, 2015 (during class time). Locations for the mid-term exam will be announced in class and on OWL prior to the exam. Please note that it is your responsibility to ensure that you are writing in the correct (assigned) room for the mid-term exam.

The final exam in December will be scheduled by the Registrars Office at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

<table>
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<tr>
<th>Evaluation</th>
<th>Percentage</th>
<th>Readings Included</th>
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<tr>
<td>Mid-Term Exam</td>
<td>40%</td>
<td>All readings assigned prior to October 22, 2015</td>
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<tr>
<td>Final Exam</td>
<td>60%</td>
<td>All readings* assigned throughout the course</td>
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*While the mid-term examination is not cumulative, the final exam is cumulative. Both exams will include material from the textbook and other required readings, as well as any material covered during regularly scheduled classes (including class lectures, class notes, films/videos, guest and student presentations, etc.).

Makeup Exams
You must have a valid medical or compassionate reason for missing a scheduled examination, and documentation for your absence must be filed with the main office of the School of Health Studies prior to the examination (please see “Additional Statements” section below for information pertaining to accommodation for medical illness or non-medical absences).

Retroactive accommodation (i.e., for exams that have been written) will not generally be granted, nor will last minute requests for extensions/make-up exams. Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled within one week of the originally scheduled
exam. Please note that makeup examinations may differ from the originally scheduled examinations, and may include written/short answer components.

**General Course Policies and Procedures**

**Rounding of Grades and Re-Weighting of Exams**

These are practices some students request. These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, and there is no re-weighting of exams or exam questions. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation of high standards.

**Course Website (OWL Sakai)**

All students in this course need to use OWL to access resources used in this course such as PowerPoint (lecture) handouts, additional handouts and/or readings, and this course outline. Students are responsible to check the OWL site regularly for this course for updates and announcements. Additionally, due to changes in privacy legislation, grades will only be provided to you through the course website – I will not, under any circumstance, convey grades via email or over the phone.

OWL is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or https://servlet.uwo.ca:8081/helpdesk/index.jsp.

**Contact/Questions**

All questions regarding course content should be posted on OWL Sakai forums. While your assigned TA should be your ‘first line’ for asking questions related to the course, forums (discussion boards) on OWL will also be used by TAs to answer student questions. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exam; and (3) the final exam. You have the ability to edit and delete your own posts. The instructor and TAs can also delete posts that are deemed to be inappropriate. There will also be a ‘general discussion’ forum where students can discuss any number of topics.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-mail, please be mindful of ‘e-etiquette’. It is expected that you will use proper grammar and punctuation when posting and e-mailing. You are also expected to respect your peers, TAs, and instructor in any discussion/forum. Students who do not act accordingly have the potential of losing website privileges.

**E-mail**

The TAs and myself are happy to answer your questions via e-mail, but please limit your e-mail questions to administrative matters only. Questions on course content will not typically be answered, as they should be: (a) raised during lectures, (b) asked during scheduled meetings with myself or your
assigned TA, or (c) posted to an online discussion forum. Please note that you must use your UWO email address for all correspondence regarding this course.

**Lecture Attendance**
You are expected to attend every class, as some material that is covered during lecture (including videos and other notes and discussions) will not be in the course notes and will not be posted on the course website.

**Use of Cellphones During Class**
The use of cell phones is prohibited during lectures for any reason including taking pictures of the instructor or lecture material. Please ensure that all cellphones or other communication devices are turned off or have their ringers silenced (or turned to vibrate) during lectures. Students may be asked to turn off such equipment or to leave the classroom if their activities are disruptive to the instructor and/or other students.

**Use of Laptops During Class**
The use of laptops is permitted for use in the classroom for note-taking purposes only. Students may be asked to close laptops or to leave the classroom if their activities are disruptive to the instructor and/or other students.

**Use of Recording Devices and Cameras During Class**
You do not have my permission to make audio or video recordings of lectures, or to take pictures of lecture material.

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**ADDITIONAL STATEMENTS**

**Student Code of Conduct**
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/pdf/board/code.pdf](http://www.uwo.ca/univsec/pdf/board/code.pdf).

**Accommodation for Medical Illness or Non-Medical Absences**
The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A Western Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic.
Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For Health Studies students, you may go to the School of Health Studies Office in HSB room 222.

**Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: [http://uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf](http://uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf).

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com)).
2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- [http://www.sdc.uwo.ca/ssd/](http://www.sdc.uwo.ca/ssd/)